

**TITLE: Nipple-Sparing Mastectomy: Initial Experience
Evaluating Patients Satisfaction and Oncological
Safety in a Tertiary Care Centre in Jordan**

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ABSTRACT

Nipple-sparing mastectomy (NSM), a procedure involving careful dissection of the breast tissue whilst keeping the nipple-areola complex (NAC) intact, is now increasingly practiced amongst surgeons in the treatment of certain types of breast cancer. Given the importance of breasts to the female body image, this type of conservative breast surgery takes into account patient satisfaction and overall cosmesis, whilst ensuring appropriate oncological safety.

Our retrospective review study evaluated patients' satisfaction regarding the results of NSM. It was carried out on four patients with varying breast pathologies whom after careful clinical assessment were found to be suitable candidates for NSM. They underwent surgery between June and September 2019.

In the follow-up visits, all four patients were asked to fill out a BREAST-Q version 2.0 pre- and post-operative quality of life (QoL) and satisfaction questionnaire. The results showed that the average overall psychosocial well-being was 88.5%, with sexual well-being averaging 87.5%. Average satisfaction with breast implants was 90.6%, while satisfaction with nipple reconstruction averaged 87.5%. Results regarding satisfaction with breasts were variable, with two patients reporting

improved overall satisfaction post-operatively (81.3% to 88%, and 78% to 86.7% satisfaction), whilst the remaining two patients reported decreased satisfaction (93% to 83%, and 100% to 93% satisfaction). Physical well-being showed overall improvement amongst all patients with an average pre-operative well-being of 83%, and average post-operative well-being of 97%. All patients were satisfied with the surgeon and the medical team as a whole (100% satisfaction)

These results are in accordance with studies of a similar nature, demonstrating improved patient satisfaction and overall body image.

In conclusion, proper selection of patients based on rigorous criteria for NSM can result in satisfactory cosmetic outcomes, improved physical, psychosocial and sexual well-being, alongside acceptable oncological control.

BIOGRAPHY

Nimah A. Rabai is a general surgeon from Jordan. Practicing at Princess Basma Teaching Hospital. She is also a clinical instructor of medical students, a member of the scientific committee in the department of general surgery, and a member of the scientific committee of the Jordanian Medical Association.

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